

Skillet Noodles and Beef

Rating: ★★★★★

Cook time: 30 minutes

Makes: 8 servings

Ingredients

1/2 pound lean ground beef
1/2 cup onion (chopped)
1 can tomato sauce (15 ounce)
1 1/2 cups water
1/4 teaspoon garlic powder
1/4 teaspoon oregano
1/4 teaspoon basil
3 cups noodles, uncooked, 1/2 inch wide
1 package spinach, frozen, chopped (10 ounce)
1 cup cottage cheese, non-fat
1/2 cup cheese, part-skim mozzarella, shredded

Directions

1. Brown ground beef in a large skillet. Drain and rinse to remove fat.
2. Add onion, tomato sauce, water, and spices. Cover and bring to a boil.
3. Add noodles. Cover and simmer for 5 minutes.
4. Defrost spinach in the microwave. Stir spinach into skillet mixture. Cover and simmer for 5 minutes.
5. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.

University of New Hampshire, Cooperative Extension

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	5 g	8%
Protein	15 g	
Carbohydrates	18 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	2 g	10%
Sodium	480 mg	20%